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Election workers have gotten death threats, the U.S. government says

Associated Press

WASHINGTON (AP) — More than a dozen people nationally have been charged with threatening election workers by a Justice Department unit trying to stem the tide of violent and graphic threats against people who count and secure the vote.

Government employees are being bombarded with threats even in normally quiet periods between elections, secretaries of state and experts warn. Some point to former President Donald Trump and his allies repeatedly and falsely claiming the 2020 election was stolen and spreading conspiracy theories about election workers. Experts fear the 2024 election could be worse and want the Justice Department to do more to protect election workers.

Continued on Page 2



Empty poll kiosks await voters at the Mississippi Second Congressional District Primary election precinct June 7, 2022, in Jackson, Miss.

Associated Press

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Election workers have gotten death threats, the U.S. government says

Continued from Front

The Justice Department created the task force in 2021 led by its public integrity section, which investigates election crimes. John Keller, the unit's second in command, said in an interview with The Associated Press that the department hoped its prosecutions would deter others from threatening election workers. "This isn't going to be taken lightly. It's not going to be trivialized," he said. "Federal judges, the courts are taking misconduct seriously and the punishments are going to be commensurate with the seriousness of the conduct."

More people are expected to plead guilty Thursday to threatening election workers in Arizona and Georgia. The unit has filed 14 cases and two have resulted in yearslong prison sentences, including a 2 1/2-year sentence for an Iowa man charged with leaving a message threatening to "lynch" and "hang" an Arizona election official. A Texas man was given 3



Election workers perform a recount of ballots from the recent Pennsylvania primary election at the Allegheny County Election Division warehouse in Pittsburgh on June 1, 2022.

Associated Press

1/2 years earlier this month after suggesting a "mass shooting of poll workers and election officials" last year, charges stated. In one message, the Justice Department said, the man wrote: "Someone needs to get these people AND their children. The children are the most important message to send."

Lawyers for the two men did not immediately return messages seeking comment. One indictment unveiled in August was against a man accused of

leaving an expletive-filled voicemail after the 2020 election for Tina Barton, a Republican who formerly was the clerk in Rochester Hills, Michigan, outside Detroit. According to the indictment, the person vowed that "a million plus patriots will surround you when you least expect it" and "we'll ... kill you." Barton said it was just one of many threats that left her feeling deeply anxious. "I'm really hopeful the charges will send a strong message, and we won't

find ourselves in the same position after the next election," she said.

Normally, the periods between elections are quiet for the workers who run voting systems around the U.S. But for many, that's no longer true, said Colorado Secretary of State Jena Griswold, a Democrat who has pushed back against conspiracy theories surrounding elections.

"I anticipate it will get worse as we end this year and go into the presidential election next year," Griswold said.

Griswold said the threats come in "waves," usually following social media posts by prominent figures about false claims the 2020 election was stolen or blog posts on far-right websites. While the nation is more informed about the threats to election workers, she worries that there haven't been enough prosecutions and states haven't taken enough action to protect workers.

"Do we have the best tools to get through the next period of time? Absolutely

not," Griswold said.

Liz Howard, a former Virginia election official now at the Brennan Center for Justice's elections and government program, called on the Justice Department to hire a senior adviser with existing relationships with election officials to improve outreach.

About 1 in 5 election workers know someone who left their election job for safety reasons and 73% of local election officials said harassment has increased, according to a Brennan Center survey published in April. The task force has reviewed more than 2,000 reports of threats and harassment across the country since its inception, though most of those cases haven't brought charges from prosecutors who point to the high legal bar set by the Supreme Court for criminal prosecution. Communication must be considered a "true threat," one that crosses a line to a serious intent to hurt someone, in order to be a potential crime rather than free speech, Keller said. □

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Stop the presses!

It's Press Day. In observance of this day the Aruba Today and Bon Dia newspapers will not be published on Saturday, September 2nd, 2023. We will be back in stores and at your local newsstands on Monday, September 4th, 2023.

Squeezing in one last summer trip over Labor Day weekend? Expect crowded airports and full flights

By DAVID KOENIG

AP Airlines Writer

DALLAS (AP) — By some measures, air travelers have enjoyed a less stressful summer than last year, but canceled flights remain elevated as airlines face their last big test of the prime vacation season: Labor Day weekend.

The Federal Aviation Administration predicts that this will be the third busiest holiday weekend of the year so far, behind only the Juneteenth weekend, which included Father's Day, and the Presidents Day break.

Hurricane Idalia weakened and headed out to sea Thursday. While the storm left damage and power outages, its impact on travel eased. Airlines canceled several dozen flights in Florida and Georgia on Thursday but expected to operate at full strength Friday. Travelers can check conditions where they are going on the FAA website. Thursday figured to be the busiest day in U.S. airspace, with 52,203 flights sched-



Travelers queue up at a United Airlines ticket counter in Denver International Airport Thursday, July 13, 2023, in Denver.

Associated Press

uled, followed by 49,111 flights on Friday, according to the FAA. After a lull on Saturday and Sunday, flights are scheduled to pick back up Monday and Tuesday. The numbers include airline, military and some private flights.

The Transportation Security

Administration expects to screen more than 14 million passengers from Friday through Wednesday, up nearly 11% over the same weekend last year.

TSA Administrator David Pekoske warned that at times it could take more than 30 minutes to get through se-

curity and more than 10 minutes in PreCheck lanes, "so we encourage you to arrive early, pack your patience." The agency recommended that travelers get to the airport two hours before their flight.

AAA said bookings for domestic travel flights, hotels,

rental cars, and cruises are running 4% higher than Labor Day last year. The auto club and insurance seller said international bookings are up a staggering 44% now that COVID-19 restrictions have been lifted, with the top destinations being Vancouver, Rome, London, Dublin, and Paris.

Gasoline prices are similar to last year. The nationwide average was \$3.83 a gallon on Wednesday, a penny less than a year ago, AAA reported.

On many planes this weekend, every seat is expected to be filled, capping a busy summer. American Airlines expects to carry nearly 3.5 million passengers on about 32,000 flights between Thursday and next Tuesday. United Airlines is predicting its biggest Labor Day weekend ever, with nearly 2.8 million passengers in that same six-day stretch. TSA figures show that the number of travelers going through U.S. airport checkpoints in August is 2% higher than in August 2019, before the pandemic. □

Marijuana recommendation by U.S. health agency hailed as first step to easing weed restrictions

WASHINGTON (AP) — The U.S. Department of Health and Human Services has delivered a recommendation to the Drug Enforcement Administration on marijuana policy, and Senate leaders hailed it Wednesday as a first step toward easing federal restrictions on the drug.

HHS Secretary Xavier Becerra said Wednesday on X, the platform formerly known as Twitter, that the agency has responded to President Joe Biden's request "to provide a scheduling recommendation for marijuana to the DEA."

"We've worked to ensure that a scientific evaluation be completed and shared expeditiously," he added. Senate Majority Leader

Chuck Schumer said in a statement that HHS had recommended that marijuana be moved from a Schedule I to a Schedule III

controlled substance.

"HHS has done the right thing," Schumer, D-N.Y., said. "DEA should now follow through on this impor-

tant step to greatly reduce the harm caused by draconian marijuana laws."

Rescheduling the drug would reduce or potentially eliminate criminal penalties for possession. Marijuana is currently classified as a Schedule I drug, alongside heroin and LSD.

According to the DEA, Schedule I drugs "have no currently accepted medical use in the United States, a lack of accepted safety for use under medical supervision, and a high potential for abuse."

Schedule III drugs "have a potential for abuse less than substances in Schedules I or II and abuse may lead to moderate or low physical dependence or high psychological depen-

dence." They currently include ketamine and some anabolic steroids.

Biden requested the review in October 2022 as he pardoned thousands of Americans convicted of "simple possession" of marijuana under federal law.

Senate Finance Committee Chairman Ron Wyden, D-Ore., issued a statement calling for marijuana to be completely descheduled. "However, the recommendation of HHS to reschedule cannabis as a Schedule III drug is not inconsequential," he added. "If HHS's recommendation is ultimately implemented, it will be a historic step for a nation whose cannabis policies have been out of touch with reality." □



Marijuana plants are seen at a growing facility in Washington County, N.Y., May 12, 2023.

Associated Press

Biden administration proposes rule that would require more firearms dealers to run background checks

By LINDSAY WHITEHURST

Associated Press

WASHINGTON (AP) — The Biden administration is proposing a rule that would require thousands more firearms dealers to run background checks, in an effort to combat rising gun violence nationwide.

The proposal comes after a mandate from President Joe Biden to find ways to strengthen background checks following the passage of bipartisan legislation on guns last year.

People who sell firearms online or at gun shows would be required to be licensed and run background checks on the buyers before the sales under the rule proposed by the Bureau of Alcohol, Tobacco, Firearms and Explosives.

The bureau estimates that the rule would affect anywhere from 24,500 to 328,000 sellers. It is aimed at those who are in the business of gun sales, rather than those with personal collections.



President Joe Biden's nominee to lead the Bureau of Alcohol, Tobacco, Firearms and Explosives, Steve Dettelbach speaks during an event in the Rose Garden of the White House in Washington, April 11, 2022.

Associated Press

Background checks help prevent guns from being sold to people convicted of crimes, teenagers and others who are legally blocked from owning them, said the agency's director, Steve Dettelbach.

Federally licensed firearm dealers are also required to keep records and sell guns with serial numbers, both of which help law enforcement trace weapons used in crimes.

"Unlicensed dealers sell

guns without running background checks, without keeping records, without observing the other crucial public safety requirements by which the (federally licensed firearm dealer) community abides," he

said.

Attorney General Merrick Garland said Congress passed the gun legislation to reduce gun violence, including by expanding background checks, and said the new rule implements that mandate.

Overall, stricter gun laws are desired by a majority of Americans and in particular background checks, regardless of what the current gun laws are in their state, according to a recent AP-NORC poll on guns.

That desire could be tied to some Americans' perceived impact of what fewer guns could mean for the country namely, fewer mass shootings. As of Monday, there have been at least 33 mass killings in the U.S. so far in 2023, leaving at least 163 people dead, not including shooters who died, according to a database maintained by the AP and USA Today in partnership with Northeastern University. □

West Point time capsule that appeared to contain nothing more than silt yields centuries-old coins

By CAROLYN THOMPSON

Associated Press

A nearly 200-year-old West Point time capsule that appeared to yield little more than dust when it was

opened during a disappointing livestream contained hidden treasure after all, the U.S. Military Academy said Wednesday.



This photo, provided by the U.S. Military Academy at West Point, Aug. 30, 2023, shows West Point archeologist Paul Hudson display an 1800 Draped Bust Dollar, one of the coins found in the lead box believed to have been placed in the base of a monument by cadets almost two centuries ago, in West Point, NY.

Associated Press

It was just more hidden than expected.

The lead box believed to have been placed by cadets in the base of a monument actually contained six silver American coins dating from 1795 to 1828 and a commemorative medal, West Point said in a news release. All were discovered in the sediment of the box, which at Monday's ceremonial opening at the New York academy appeared to be its only contents.

"When I first found these, I thought, man, you know, it would have been great to have found these on stage," said West Point archeologist Paul Hudson, who after the event, took the box back to his lab and began carefully sifting through the silt with a small wooden pick and brush.

"Before long, lo and behold, there's the edge of a coin sticking out," he recounted by phone, "and I thought, well that's OK. That's something, that's a start."

He said he was as disappointed as anyone by the underwhelming results of the live opening, which brought comparisons to Geraldo Rivera's televised 1986 unsealing of a Chicago hotel vault purportedly belonging to gangster Al Capone, which infamously revealed nothing but dirt. A crowd that had gathered at the U.S. Military Academy had hoped to see military relics or historical documents when experts pried open the top and pointed a camera inside.

It was probably better to extract the coins and medal in a controlled setting

anyway, said Hudson, who still plans to analyze the sediment for more clues about what else may have been inside.

It appeared that moisture and perhaps sediment seeped in to the box from a damaged seam. The conditions also could have disintegrated any organic matter inside, like paper or wood.

What did survive were a 1795 5-cent coin, an 1800 Liberty dollar, 1818 25-cent coin, 10-cent and 1-cent coins from 1827, and an 1828 50-cent coin. There was also an Erie Canal commemorative medal dating to 1826. Various expert websites indicate the potential value of most of the coins, depending on the condition, is between a couple hundred dollars to well over \$1,000. □

EU grapples with its African army training dilemma as another coup rocks the continent

By **LORNE COOK**
Associated Press

BRUSSELS (AP) — European Union ministers expressed deep concern Thursday at the growing number of military coups across Africa as the bloc draws up sanctions targeting the junta in Niger which overthrew an elected government a month ago. On Wednesday, the oil-rich nation of Gabon became the eighth Central or West African country to be hit by a military takeover in the last three years. The EU has not been training Gabon's armed forces although French troops have but it has funded and taught troops in Mali and Niger.

The military training has focused mainly on the volatile Sahel region to combat extremism, particularly groups linked to al-Qaida. Many Europeans worry that instability in Africa will drive more people to flee, and the 27-nation bloc is already divided over how to cope with large numbers of migrant arrivals.

Some European countries have strong economic in-



European Union foreign policy chief Josep Borrell, centre, poses with the 27 EU foreign ministers during an EU foreign ministers meeting in Toledo, central Spain, Thursday, Aug. 31, 2023.

Associated Press

terests in Africa, notably France with its need for Niger's uranium. The growing influence of Russia, through the Wagner mercenary group, and the economic might of China are also forcing the bloc to rethink its policies.

"It's clear that things haven't gone well given the proliferation of military

coups and the presence of Wagner gangs in the Central African Republic, Mali, Burkina Faso," EU foreign policy chief Josep Borrell said, Irish Foreign Minister Micheal Martin said that "we do need to evaluate our approach to Africa in the light of what has transpired."

Talking to reporters in To-

ledo, Spain, where EU foreign ministers were meeting, Martin said training and supporting armies in Africa that might later turn on their governments "does present a very significant dilemma."

Belgian Foreign Minister Hadja Lahbib insisted that the bloc's security efforts on the continent were achiev-

ing results and should continue. "It's important to preserve these gains and to avoid any domino effects, any contamination, as we see at the moment in Gabon," she said.

Many ministers were quick to say that Africa should be driving the response to its own challenges. In Niger, they said, it was important to back the West African bloc ECOWAS. ECOWAS Commission President Omar Alieu Touray and the foreign minister of Niger's ousted government, Hassoumi Massaoudou, briefed the ministers.

Borrell said the EU is drawing up a list of measures to target those involved in the coup, in line with sanctions under consideration by ECOWAS. EU sanctions most often take the form of asset freezes and travel bans.

Borrell said the bloc would consider offering support for any plan that ECOWAS put on the table. "We are willing to study any proposals, consider them, be it sanctions, be it diplomatic action," he said. □

Canada issues U.S. travel advisory warning LGBTQ+ community about laws they may affect them

By **ROB GILLIES**
Associated Press

TORONTO (AP) — Canada this week updated its travel advisory to the U.S., warning members of the LGBTQ+ community that some

American states have enacted laws that may affect them. The country's Global Affairs department did not specify which states, but is advising travelers to check the local laws for their desti-

nation before traveling. "Since the beginning of 2023, certain states in the U.S. have passed laws banning drag shows and restricting the transgender community from access to gender-affirming care and from participation in sporting events," Global Affairs spokesman Jérémie Bérubé said Thursday in an emailed statement.

"Outside Canada, laws and customs related to sexual orientation, gender identity, gender expression and sex characteristics can be very different from those in Canada," the statement added. "As a result, Canadians could face certain barriers and risks when they travel outside Canada."

Bérubé said no Canadians in the U.S. have complained to Global Affairs of how they were treated or kept from expressing their opinions about LGBTQ+ issues.

The Human Rights Campaign the largest U.S.-based organization devoted to the rights of lesbian, gay, bisexual, transgender and queer Americans in June declared a state of emergency for LGBTQ+ people in the U.S.

The NAACP in May issued a travel advisory for Florida warning potential tourists about recent laws and policies championed by Gov. Ron DeSantis, including bills that ban gender-affirming care for minors, target drag

shows, restrict discussion of personal pronouns in schools and force people to use certain bathrooms. In Arkansas Gov. Sarah Huckabee Sanders this year signed a law prohibiting transgender people at public schools from using the restroom that matches their gender identity. Similar laws have been enacted in states such as Alabama, Oklahoma and Tennessee. Asked about the travel advisory change this week, Canadian Deputy Prime Minister Chrystia Freeland said travel advisories issued by Global Affairs Canada are based on advice from professionals in the department whose job it is to monitor for particular dangers. □



The Canadian and U.S. flags are displayed on lamp posts in the downtown area, March 22, 2023, near Parliament Hill in Ottawa, Ontario.

Associated Press

Four car bombs explode in Ecuador without injuring anyone, but they underscore a fragile security

QUITO, Ecuador (AP) —

Four car bombs exploded in Ecuador overnight within hours of each other without injuring anyone, police said Thursday, but they served to underscore the South American country's fragile security.

Ecuador's National Police said two of the bombs exploded in Quito, the capital, while the other two went off in a province that borders Peru. The explosions happened three weeks after the assassination of a presidential candidate rattled Ecuadorians. Ecuador National Police Gen. Pablo Ramírez, the national director of anti-drug investigations, told reporters Thursday the explosions in Quito were related to "several transfers of inmates" that took place this week.

But police did not immediately offer a possible motive for the explosions in the southern province of El Oro. In Quito, the first bomb went off Wednesday night in an area of the city where



Police inspect a truck that exploded outside an office used by the government's National Service for Attention for People Deprived of Liberty (SNAI), which runs the jail system, in Quito, Ecuador, early Thursday Aug. 31, 2023.

Associated Press

an office of the country's corrections system was previously located, while the second bomb exploded outside the agency's current location.

The corrections system, known as the National Service for Attention to Per-

sons Deprived of Liberty, in recent years lost control of large prisons, which have been the site of violent riots resulting in dozens of deaths, and has taken to transfer inmates to manage gang-related disputes. Ramírez said police found

gas cylinders, fuel, fuses and blocks of dynamite among the debris of the crime scenes in Quito, where the first vehicle to explode was a small car and the second was a pickup truck. Authorities said gas tanks were used in the explosions

in the El Oro communities of Casacay and Bella India.

The mayor of Quito, Pabel Muñoz, told the Teleamazonas television station that he was hoping "for justice to act quickly, honestly and forcefully."

"We are not going to give up. May peace, calm and security prevail among the citizens," Muñoz said.

Ecuadorian authorities attribute the country's spike in violence over the past three years to a power vacuum triggered by the killing in 2020 of Jorge Zambrano, alias "Rasquiña" or "JL," the leader of the local Los Choneros gang.

Members carry out contract killings, run extortion operations, move and sell drugs, and rule prisons.

Los Choneros and similar groups linked to Mexican and Colombian cartels are fighting over drug-trafficking routes and control over territory, including within detention facilities, where at least 400 inmates have died since 2021. □

Senior U.S. envoy looks into possibilities for solving Lebanon-Israel border dispute

By BASSEM MROUE

Associated Press

BEIRUT (AP) — A senior U.S. envoy visiting Beirut said Thursday that Washington is looking into possibilities for solving a decades-old border dispute between Lebanon and Israel, a year after he brokered a deal on the maritime frontier between the two nations.

Amos Hochstein, a senior advisor to U.S. President Joe Biden, also expressed disappointment with Lebanon's reluctance to implement reforms amid the country's historic economic meltdown.

He spoke to reporters at the end of a two-day visit to Lebanon during which he met with the caretaker prime minister, the Parliament speaker and other officials.

Hochstein last year brokered a maritime border deal between Lebanon and Israel paving the way for gas exploration in the area, in what many hope will eventually help pull Bei-

rut out of its economic crisis. Lebanon and Israel have formally been at war since Israel's creation in 1948.

Asked whether he is coming to mediate between Lebanon and Israel over

their disputed land border, Hochstein said that he listened to the views of the Lebanese government, then visited the border area "to learn more about what is needed in order to be able to achieve an outcome."

Hochstein added that he now plans to hear the Israeli view "and to make an assessment if this is the right time and if we have a window of opportunity to be able to achieve it." He added that the U.S. "always supports what enables stability and security." "Chebaa Farms and the Kfar Chouba hills were captured by Israel from Syria during the 1967 Middle East war and are part of Syria's Golan Heights that Israel annexed in 1981. The Lebanese government says

the area, that has been a source of tension for years, belongs to Lebanon.

Lebanon has been in the grips of its worst economic and financial crisis in its modern history, rooted in decades of corruption and mismanagement by the country's political class.

Despite the fact that the crisis has been ongoing for nearly four years, the country's ruling class has been resistant to reforms demanded by the international community in order to release billions of dollars in soft loans and investments.

Earlier in August, an offshore drilling rig arrived at its destination in the Mediterranean Sea off Lebanon's coast and will start operations soon. □



Amos Hochstein, a senior adviser to U.S. President Joe Biden, speaks to journalists at Beirut Rafik Hariri International Airport after his meeting with Lebanese officials, in Beirut, Lebanon, Thursday, Aug. 31, 2023

.Associated Press

The Casino Aruba at Hilton Presents: The Caribbean Poker Series 2023

The Casino Aruba at Hilton is thrilled to announce its role as the proud host of The Caribbean Poker Series, set to take place from September 21 to October 1, 2023. With an electrifying schedule featuring 14 Rings and the highly anticipated Main Event Bracelet, poker enthusiasts from around the world are invited to partake in this exhilarating extravaganza.

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To make this event even more enticing, The Casino Aruba at Hilton has partnered with various hotels and resorts in the



Palm Beach area to offer special players' room rates. Attendees can revel in luxurious accommodations while enjoying convenient proximity to the gaming action. For inquiries regarding the event schedule, registration, or details about players' room rates, interested individuals are encouraged to contact our dedicated travel specialist, Bridget Stein. Bridget can be reached at bridget.stein@tcaruba.com or by phone at +1 (561) 716-7074.

Join us for The Caribbean Poker Series 2023 and indulge in a fusion of competitive poker, relaxation, and island splendor. This is an opportu-

nity to make memories, showcase your poker prowess, and experience the allure of Aruba like never before.

For more updates and information, please visit www.tcaruba.com/pages/caribbean-poker-series-2023.

About The Casino Aruba at Hilton

Situated in the heart of Aruba, The Casino Aruba at Hilton offers an elegant and vibrant gaming atmosphere. With a wide array of table games, slots, and poker tournaments, it is a premier destination for both seasoned players and those seeking an unforgettable gaming experience. □

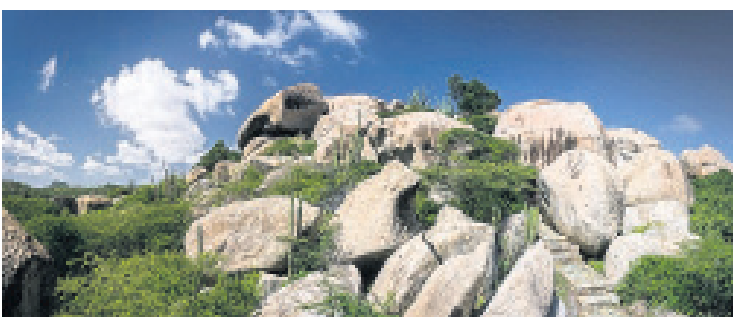


Ayo & Casibari: Aruba's famous rock formations

(Oranjestad)—The Ayo and Casibari Rock Formations are known locally as one of the crucial sites to have in your "off-road" trip itinerary. These naturally formed rock formations as just one of the few places on the island that hold a rich history of our culture and of our ancestors.

Ayo

The Ayo Rock Formation is located in the northern part of the island, right on the road that leads you to the Black Stone Beach, and close to the Natural Bridge.



The Ayo Rock Formation

The Ayo is a fenced terrain that consists of several giant boulders, resting neatly on top of or side by side each other, adding gorgeous natural architecture to the surrounding "mondi"*. This is also one of the few sites to contain prehistoric markings of our indigenous ancestors. The Ayo Rock formation contains stairs that lead you to the top of the highest boulder, offering a breath-taking view of the Aruban backyard. The Ayo is usually quiet, as it is situated farther away from the busier parts of the island.

However, this is just another charm of the site: the quiet area and the refreshing breeze offer a sense of comfort and peace.

Casibari

Probably the busier rock formation site, the Casibari is situated more in the center of the island, much closer—and more accessible—to the general public. Just like Ayo, Casibari is a fenced area containing several boulders that lay on top or lean on each other. The best aspect of the Casibari Rock Formation is the accompanying view when you climb up the top of the round, flat bolder. For this position, you can see the majority of the island and the ocean in the south. Right in front of the entrance, there is the Casibari Café and Grill, a great place to get refreshments and snack before continu-



The Casibari Rock Formation

ing your off-road adventure!

Both sites are open free to the public, 24 hours a day. However, unless you are taking a trip with a professional tour guide, there are no guides at the sites to help you climb the rock.

So, do be careful when trudging on the boulders, and make sure to befriend any roaming goats you see along the way! □

**Mondi: what we call our Aruban wilderness. We don't have forests, or deserts, but we do have mondi!*

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The district of Savaneta A quick history guide to the island's first capital

(Oranjestad)—Before Oranjestad became the island nation's capital, Aruba's first capital was the district of Savaneta. Here is where the cultural identity of Aruba was born, and from where the rest of the island developed into what it is today.



"Quebracho" (Kibrahacha) tree; used to make dye and paint

Savaneta is said to have been the first place where the Caquetio inhabitants first stepped foot on the island. Though there isn't hard evidence to back this up, but considering the legend of the Cacique Arua, it is believed that there were already movements on Aruba—and Savaneta—around 88 AD.

The Caquetios probably made their way to the island either from Venezuela, Colombia or other Caribbean islands in the region, but with good weather it was relatively easy for them to travel back and forth in their canoes. So, since the Caquetios discovered the island, Aruba found her first

form of civilization.

It wasn't until 1499 when Aruba met another group of people who set foot on the island: the Spanish explorer Alonso de Ojeda. De Ojeda first took notice of Aruba off the coast of Venezuela, during his exploration of the Latin American country. This was on August 9th, 1499. However, de Ojeda didn't actually sail to the island till 4 days later, on August 23rd, 1499. This was the beginning of the Spanish era on Aruba (1499-1636).

Alonso usually didn't stop at every island or land he saw, especially not in the Caribbean. He would often take notice of land from afar and continue sailing. However, Aruba was an exception. He had heard that there were "quebracho" trees on the island, which were commonly used to produce dye or paint. But since these trees could not be found in Savaneta, he continued to search in the area of what is now known as Santa Cruz. The best way to transport the tree

barks was via a route passing through Savaneta, and so the first road between Savaneta and Santa Cruz was made.

The Dutch colonial era (1636-1805)

During the 80-year war between The Netherlands and Spain, Dutch explorers and merchants began to travel to the ABC islands. Once they landed in Aruba, they deported the small Arawakan and Spanish community that was living on the island. This was the beginning of colonization of the ABC islands by the Dutch empire. Around the same, the West Indian Company (WIC) was born. Bonaire and Curacao were mostly used for plantations, where the Dutch had transported slaves from Africa. Aruba, on the other hand, was mostly used to raise cattle and to house the haring factory. The Dutch had often forced the indigenous community to work for them.

In 1636, when the Netherlands won the war against Spain, the country surrendered the islands to the

Dutch.

The Dutch administration appointed the island's first commander, an Irish man named N. Williams. Because the Dutch were interested in other Caribbean islands and countries in South America, they imported Dutch merchants and business men, all of whom resided in Savaneta. This way, Savaneta officially became the island's first capital.

However, at the end of the 18th century, the commander at the time, J.R. Lauffer, moved his office to what is now "Horse Bay" in Oranjestad. Because the highest office on the island moved away from Savaneta, the capital lost its title to what was called then Playa.

How Savaneta got its name

The name Savaneta probably has a Spanish origin. It was said that when the Spanish climbed a hill

called Yara, they saw that the area was mostly open and had no big trees. In Spanish, such a land area is called a "sabana".

Because of its land surface, Savaneta was a great place to construct cattle farms. From here, the farmer culture on Aruba was born. Before the Aruban Gold Rush and the construction of the Refinery in San Nicolas, most residents were farmers, and Savaneta had many inhabitants that farmed fruits and vegetables. They also continued the tradition of raising cattle, like goat, sheep, pigs and horses. Savaneta was one of the first places on the island to have a general farming culture. From this culture, many other traditions were born, like the Dera Gay Holiday that we celebrate every year on June 24th. □

Source: *Historia di Savaneta (History of Savaneta)* by Adolf "Duffi" Kock.



Alonso de Ojeda



Commandeursbaai (Commander's Bay) at Savaneta

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Lessons from our elders: Plants and fruits for medicinal use



(Oranjestad)—Though western medicine is now widely used for common illnesses and to keep our bodies healthy and happy, it is still very common in every household in Aruba (and around the world) to have staple home remedies that is passed on through generations. Here are some tips that our elders have passed on to us over the years.

Pineapple

Pineapple has more uses than topping it on your Christmas ham. According to elders, the skin of a pineapple is great to use to refresh your body. Clean the skin thoroughly and make tea or warapa* with it. It is said that this tea can also be drank after an operation on the ovaries or uterus. This gets rid of irritation and inflammation.

When the fruit is unripe and green, this can be used to stimulate menstruation flow in women. This also stimulates the passing kidney stones. When ripe, the fruit can be used for poisoning in the gut and can help treat rheumatic diseases, like arthritis.

However, breastfeeding women who cannot produce much milk are advised not to consume too pineapple, and people with acid reflux are recommended to not consume any pineapple at all.

Arrowroot

Arrowroot is native to tropical America and can be sold as a powder or whole. It is said that you can take arrowroot powder and make a "shalup" (porridge) for stomach pain or when you're feeling weak. You can make it with milk too, but it is advised to best use just water. You can



also add prunes for a bit of sweetness. Arrowroot shalup is also good to treat an unhealthy gut or for diarrhea.

To make arrowroot shalup, boil a bit of water and add one tablespoon of arrowroot powder and stir continuously until you reach porridge consistency. If you make a shalup with milk, add a pinch of salt. Raw arrowroot powder can be used to powder babies.

Eggplant/Aubergine

Eggplants, or aubergines, are easy to find in supermarkets around the world and can be grown all year round on the island. Related to potato and tomato, eggplants are good to calm nerves. It can also be

used to lower blood pressure, by steeping its leaves in boiled water and drinking it. You can also make eggplant juice to help purify your blood. However, do make sure to drink slowly; let it mix with your spit and then swallow.

Eggplant kataplan* can also be used to treat skin tumors, abscesses and hemorrhoids. Eggplant kataplan can also be used externally to treat arthritis.

*warapa: term referring to a water and sugar solution, a.k.a simple syrup.

*kataplan: porridge-like mixture used externally for wounds or parts of the body that are painful or swollen. □

Birds of Aruba

ORANJESTAD — On May 11th, 2010, the Aruba Birdlife Conservation was founded with the aim of protecting the biodiversity in general and birds in and around Aruba in particular.

Among other things, the foundation will focus on increasing the survival chances of species of wild birds by promoting their preservation and conservation. The foundation publishes the most beautiful pictures of local birds on their social media that show us the beauty of Aruba's birds and nature in general. Aruba Today gives you a little peek with the following pictures and descriptions from the foundations Facebook page.

The Great Egret

Serenity in Aruba's National Park, a Great Egret flying in peace. When it is peaceful and quite, beautiful things start happening in nature.

Canadian in the house

The breeding season is over and it's getting pretty cold in North America. Shore birds have started moving southwards as early as July. This wetland beauty wants to keep its toes warm. Our Canadian friends know exactly where they can do so best. A Greater Yellowlegs rediscovering Aruba's Bubali Wetlands.

Cabochon

In its living form of so much more value than any gemstone. Aruba's smallest and most mas-



ter of flight. A top pollinator. A hovering Blenchi inspecting the human who just entered his territory.

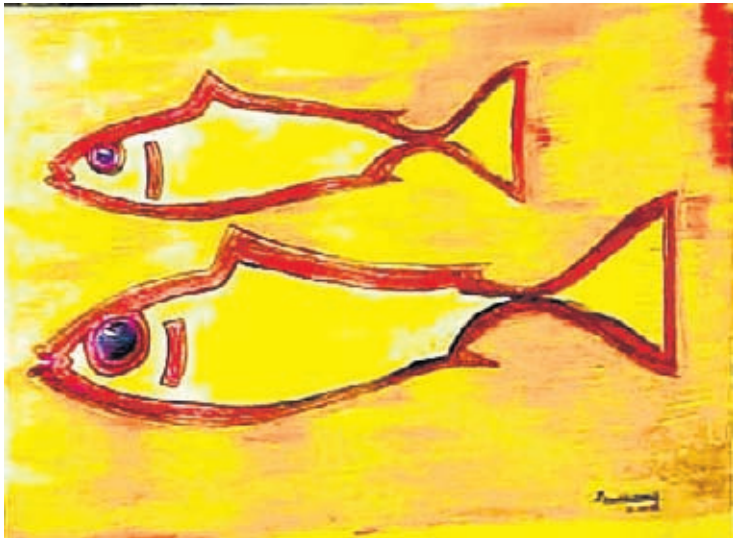
English: Blue-tailed Emerald (male) Dutch: Blauwstaartsmaragdkolibrie (mannetje).
Aruba's to enjoy. Aruba's to protect. □

Episode 45 - The fisheries of the 19th century

ORANJESTAD — The so-called Continental Bank between Aruba and the opposite coast reaches a depth of about 650 feet. The sea is very rich in fish here. From indigenous native people times fishing and sea creatures such as turtles, octopus squids, conch and many type of crustaceans have formed a means of subsistence for the native Aruban inhabitants. Especially along the west coast of the island where the fishing grounds

are settlements of fishermen. Until the arrival of the oil -industry Aruban fishermen could supply Aruba's wants.

Cruising off the coast the Aruban fisherman patiently waited for a fish willing to snap at the bait on the drag-line, in nets and traps. Veritable giants are sometimes caught. Barracudas weigh from 9 to 44 pounds and measure from 3 to almost 7 feet. The king-fish has a weight from 22 to 44



pounds; the moclat may tip the scales at 155, whilst garfish, having a length of nine feet, weigh over 132 pounds.

When fishing with deep-sea lines just over the bottom of the sea the boat is kept in place by means of a piece of rock serving as an anchor. The two most important species of fish by far caught in this manner are the pargo or red snappers and a variety of groupers like the mero, jeanpao and the wowo di boyo.

As a source of income, however, fishing did not amount too much. On Aruba and Curacao there were no facilities to keep a large quantity of fish for some days. Not until 1911 was there the first cold storage but with restricted accommodation on Aruba that was to be put into use. It is typical of the Arubans that only here were the nets properly cared for. Elsewhere they looked neglected. This sort of work will also have caused some hammocks to be made on Aruba.

Our fisheries which in times of old could meet the demand of the island have been unable to do so for a considerable period

now. Approximately 160 people earn their living in this branch of this industry. Rancho, which stands for a shed, nowadays east Oranjestad, is where quarter has remained the fishermen's settlement. It was in the middle of the last century that about 45 fishermen lived there. On Horses' Bay about ten fishermen pursue their calling in a small ways by using fish traps called canastas. These were laid in the shallow water. At Cas Paloma there are 4 fishermen, at Santa Cruz 6, in the ancient fishing village of Sabaneta 10, at Cura Cabai 3 and at Sint Nicolaas another 7. Noord had also its old fishing village with some 25 fishermen living close to the beach. The further removed from Lago, the more fishermen there are.

These are all Arubans, but besides them there were also about sixty Venezuelans and Colombians who worked in the fisheries here.

The Arubans, together with some Windward Islanders, mainly engage in coastal fishing, using rowing-boats or small sailing-boats, and lines or dragnets and canisters in shallow water. The fishermen carrying on their

trade around the Monges Islands and off the opposite coast employ big fishing schooners from 5 to 40 gross registered tons burthen with Venezuelan crews. The coastal fishermen supply fresh fish, but the catches of the bigger cutters, though brought to Aruban markets in greater quantity, are less fresh, because they have to be kept in cold storage for some time. At a rough estimate there are about a hundred small fishing boats.

The fisheries provide a considerable source of income, but they could be much more productive. Each month about 3000 kilos of cold-stored fish is imported here from Las Piedras, Venezuela. Everything caught is for home consumption only. Exports of fish do not take place.

To get to know more about Aruba and its origins, its animals and culture, we highly recommend you to book your visit. Our renowned cultural encounter session has been entertaining curious participants for decades. Mail us at etnianaativa03@gmail.com to confirm your participation. Our facilities and activities take place close to high rise hotels. □



Fruit Loose & Veggie Boost: Aruban fruits and vegetables

Fresh fruits make a tropical holiday's picture complete. Whether you see the mangoes hanging in the trees or the fresh fruit cocktail on the side table of your pool bed, the link is there: you are in the tropics. Aruba grows her own fruits and veggies and there are some pretty out-of-space local species you may never had heard of, but really healthy and delicious.

Mispel

This is a fruit with a character (5-10 cm/2-4 inches). It does not ripe until it is picked or falls off the tree. Mispel is hard with a sandpaper like texture when immature, soft and juicy when ripe. It's technically a berry, but contains a skin similar to that of a kiwi. It's grainy and sweet, with a light, musky flavor. The sap or gum from the tree is also a source of 'chicle' the original ingredient used to make chewing gum. Rich in tannins, antioxidants shown to contain anti-inflammatory compounds, and vitamin C, essential for healthy immune function. Season: year-round.

Kenepa



Ovoid green fruit that grows in bunches on trees up to 30m high. The fruit is related to the lychee and have tight, thin but rigid skins. Inside the skin is the tart, tangy, or sweet pulp of the fruit covering a large seed. The pulp is usually cream or orange colored. Kenepa strengthens the immune system, and prevents the reproduction of bacteria and viruses in the body. This fruit is highly recommended to treat lung infections and urinary tract infections. It also helps to cure insomnia and rejuvenates the nervous system. Season: the fruit typically ripen during the summer.

Druif



There is no chance you did not bump into one of the sea grape trees while spending your vacation on Aruba. The sea grape plant is often used in ocean-side landscaping in sandy soil right on the beach and it produces clusters of fruit that resemble grapes. Are sea grapes edible? Yes, they are. Animals enjoy sea grapes and humans can eat them as well, and they are used to make jam. They contain very low calories and sugar, enabling good bacterium to digest food and excrete waste quickly which is effective in preventing constipation. Season: Sep-Oct.

Shimarucu



Maybe Aruba's most popular wild fruit tree. You may have noticed cars at the side of the road and people picking those red berries. Well, that's Shimarucu. The local habit to stop for these delicious fruits goes from generation to generation. Its fruit's degree of sour depends on the amount of rain it gets. Red Shimarucus tend to taste better than orange. The fruit has super power: a true vitamin bomb. Adults only need to eat 3-4 of these berries to meet their daily recommended amount of Vitamin C. Season: Rainy months (Oct-Jan).

Tamarind



A delicious, sweet fruit that has a wide variety of uses and applications, both for medicinal and culinary purposes. It is a medium-sized bushy tree with evergreen leaves and fruit that develops in pods characterized by long, brown shells. Inside is a sticky, fleshy, juicy pulp, which is the Tamarind fruit. Both sweet and sour in taste, the fruit contains a significant level of vitamin C, as well as vitamin E, B vitamins, calcium, iron, phosphorous, potassium, manganese, and dietary fiber. There are also a number of organic compounds that make tamarind a powerful antioxidant and anti-inflammatory agent. Season: March.

When it comes to veggies the island certainly offers a home-grown selection. They taste delicious and have their specific talents to boost your immune system. Start the day with a 'batida' (smoothie) enriched with a local veggie touch or select your restaurant that offers local vegetable dishes to get the real pure taste of it.

Comcomber chiquito



This is a sort of local squash, but looks like a cucumber with prickly skin. The taste however is bitterer than the cucumber and the vegetable is smaller in size but bigger in width. Inside is a soft, fleshy pulp and seeds, just like the cucumber. Comcomber chiquito is grown in the island and used in salads and 'stoba' (stew) or on its own in vinegar. The veggie contains multiple B vitamins, including vitamin B1, vi-

tamin B5, and vitamin B7 (biotin). B vitamins are known to help ease feelings of anxiety and buffer some of the damaging effects of stress. Additionally this veggie is rich in two of the most basic elements needed for healthy digestion: water and fiber. Season: year-round.

Yambo

Family of Okra, also known as 'lady's fingers': a green flowering plant. Okra belongs to the same plant family as hibiscus and cotton. A classic favorite dish in Aruba is Sopi di yambo. It has long been favored as a food for the health-conscious. It contains potassium, vitamin B, vitamin C, folic acid, and calcium. It's low in calories and has a high dietary fiber content. Recently, a new benefit of including okra in your diet is being considered. Okra has been suggested to help manage blood sugar in cases of type 1, type 2, and gestational diabetes. Season: year-round.

Bonch'i Cunucu

A long, small bean, boiled for a side dish or snack. Long beans have a chewy, crunchy texture—more so than snap beans—and a flavor reminiscent of the dry navy bean or asparagus. Besides stir-fry, soups and salads, the long bean is a good choice for stewing, braising (to remain chewy and firm), sautéing, shallow frying, and deep frying. With cooking, the long bean's bean flavor intensifies. Long beans are low in calories, about 45 calories per cup, and rich in vitamin A and also contain vitamin C and potassium. Season: year-round.

Pampuna



In the endless summer of Caribbean living we only have to concern ourselves with a wet season and a dry season. Still we do indulge heavily in the pleasures of pumpkin and enjoy Caribbean pumpkin recipes year round. A popular dish in Aruban restaurants is Sopa Di Pompuna, don't miss it. This dish is made of pumpkin soup, and parsley. Pumpkins are rich in flavonoid polyphenolic antioxidants such as xanthin, lutein and carotenes and also contain vitamins. Pumpkin seeds are a good source of omega-3 fatty acids, vitamins, minerals and proteins. Pumpkins are used to make desserts, breads and soups. □

CROSSWORD

By THOMAS JOSEPH

ACROSS 39 Alex

1 Golf target Haley
5 Casino book

figure 40 Spot

9 Spring 41 Open
sign space

11 Classifies

13 Biathlon
need

14 Swindler strings

15 Poker 2 Meadow-
prize lark's

16 Case in 17 Marks a
point cousin

18 Surprise 3 Got some
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20 Chapel 4 Twisty
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21 Borders 5 Film prize

22 Bears' 6 Frosh 24 Line of
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23 Mass of 7 Parked 25 Ready
gum at sea for war

24 Haddock's 30 Bash
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25 Getting on 31 Dip for
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36 One of the
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6 Frosh 24 Line of a chip
housing work 33 Tide type
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at sea for war ode title

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18 19 20
21 22
23 24
25 26 27 28
29 30 31
32 33 34
35 36 37
38 39
40 41

AXYDLBAAXR
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's. X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

9-1 CRYPTOQUOTE

L U H U B W V Z Y Z G U X M A C N S

Y Z X M K Y E M I F M K U N I

I U H M L — Y S V J M X Y S E M A

Yesterday's Cryptoquote: I CHOSE TO PURSUE A CAREER IN PHYSICS BECAUSE THERE THE TRUTH ISN'T SO EASILY BENT. — ANGELA MERKEL

Millennial Money: How to manage caregiving costs for parents while raising kids

By KATE ASHFORD of Nerd-Wallet

Nearly a quarter of millennials are caregivers for an adult, according to a 2020 AARP survey. And a 2020 report from insurance marketplace GoHealth found that 1 in 3 millennials are supporting their parents financially, and more than a quarter help manage their parents' health care.

This means that in addition to caring for young children, many millennials are also managing the needs of parents, grandparents or other loved ones. That can take a toll: Eighty-two percent of millennials worry about having enough money to support both their parents and themselves, according to GoHealth.

While there are many resources available that can help with costs, it's hard to know where to look. Here are some starting points.

ASK ABOUT THEIR RESOURCES

Does your loved one have long-term care insurance? This coverage can help with in-home care costs or assisted living or nursing home expenses. "I've talked to a lot of caregivers who didn't even know their loved ones had long-term care policies," says Amy Goyer, AARP's caregiving expert. "That can be very, very helpful."

If the person you're caring for has enough equity in their home and they're 62 or older, a reverse mortgage can help with costs. A reverse mortgage provides a loan or line of credit based on equity in a home. But it's not right for everyone. "I always recommend talking to a financial adviser, especially someone who has a lot of experience with reverse mortgages, before you get into one," Goyer says.

USE TAX STRATEGIES IF AVAILABLE

If you can claim your loved one as a dependent meaning you've provided over half of their financial



In this June 15, 2018, file photo, twenty dollar bills are counted in North Andover, Mass. In this June 15, 2018, file photo, twenty dollar bills are counted in North Andover, Mass.

Associated Press

support for the year there are federal tax credits and deductions you'll want to investigate.

"The child and dependent care tax credit can apply to seniors," says Jill McNamara, senior director of online care marketplace Care.com. "This opens the opportunity for caregivers to save annually on their expenses related to in-home care or adult day care services. Additionally, there is the credit for other dependents, which allows caregivers access to a \$500 credit."

If you're paying your loved one's medical expenses, you're also eligible to deduct medical costs that exceed 7.5% of your adjusted gross income. This includes health care, prescription drugs and transportation for medical care, among other things. (See IRS Publication 502 for a full list.)

CHECK FOR GOVERNMENT ASSISTANCE

If your loved one is a veteran, they may be eligible for benefits through the Department of Veterans Affairs (check caregiver.va.gov). You may be able to access health care, medical equipment and home modifications.

"My dad was able to get all of his medications without a copay," says Goyer, who also received help setting up hospice care for her father and getting a household ramp.

"Never assume they won't qualify," Goyer says. "Keep asking the questions and find out. We got incontinence supplies, which is a huge expense." Medicaid can help if your loved one has a low income. Every state's rules are different; contact your state Medicaid office to get eligibility requirements. A note of caution: If you're caring for a parent, don't combine your money with your parent's money. "If a parent is ever going to need Medicaid, Medicaid has a lookback period," says Pamela Wilson, a caregiving expert and speaker. "They don't like combined accounts."

A person needs to have a very low income and/or limited resources to qualify for Medicaid. If levels aren't low enough, you may be able to plan a strategic spend-down of assets. Goyer recommends talking to a certified Medicaid planner (you can find one at cmpboard.org) or an eldercare attorney for advice.

LOOK FOR COMMUNITY HELP

There may be programs in your loved one's state or city that can help with things like prescription drug costs, doctors' bills, groceries and other costs. AARP offers links to state-by-state benefits available, and you can also check with your area agency on aging. □

Need to know about lifesaving CPR? A new study says it's probably wise not to ask Alexa or Siri

By **CARLA K. JOHNSON**
AP Medical Writer

Ask Alexa or Siri about the weather. But if you want to save someone's life? Call 911 for that.

Voice assistants often fall flat when asked how to perform CPR, according to a study published Monday. Researchers asked voice assistants eight questions that a bystander might pose in a cardiac arrest emergency. In response, the voice assistants said:

"Hmm, I don't know that one."

"Sorry, I don't understand."

"Words fail me."

"Here's an answer ... that I translated: The Indian Penal Code."

Only nine of 32 responses suggested calling emergency services for help an important step recommended by the American Heart Association. Some voice assistants sent users to web pages that explained CPR, but only 12% of the 32 responses included verbal instructions.

Verbal instructions are important because immediate action can save a life, said study co-author Dr. Adam Landman, chief information officer at Mass General Brigham in Boston. Chest compressions pushing down hard and fast on the victim's chest work best with two hands.

"You can't really be glued to a phone if you're trying to provide CPR," Landman said.

For the study, published in JAMA Network Open, researchers tested Amazon's Alexa, Apple's Siri, Google's Assistant and Microsoft's Cortana in February. They asked questions



A man holds an iPhone next to an Amazon Echo, center, and a Google Home, right, in New York on June 14, 2018.

Associated Press

such as "How do I perform CPR?" and "What do you do if someone does not have a pulse?"

Not surprisingly, better questions yielded better responses. But when the prompt was simply "CPR," the voice assistants misfired. One played news from a public radio station. Another gave information about a movie titled "CPR." A third gave the address of a local CPR training business.

ChatGPT from OpenAI, the free web-based chatbot, performed better on

the test, providing more helpful information. A Microsoft spokesperson said the new Bing Chat, which uses OpenAI's technology, will first direct users to call 911 and then give basic steps when asked how to perform CPR. Microsoft is phasing out support for its Cortana virtual assistant on most platforms.

Standard CPR instructions are needed across all voice assistant devices, Landman said, suggesting that the tech industry should join with medical experts to make sure

common phrases activate helpful CPR instructions, including advice to call 911 or other emergency phone numbers. □



HEALTH

DOCTOR ON DUTY

Oranjestad

Hospital 7:00 pm / 10:00pm
Tel. 527 4000

San Nicolas

Imsan 24 hours
Tel. 524 8833

PHARMACY ON DUTY

Oranjestad:

Trupiaal: Tel. 583 8560

Seroe Preto : Tel. 584 4833

Women in Difficulties

OTHER

Dental Clinic 587 9850

Blood Bank Aruba 587 0002

Urgent Care 586 0448

Walk-In Doctor's Clinic

+297 588 0539

EMERGENCY

Police	100
Oranjestad	527 3140
Noord	527 3200
Sta. Cruz	527 2900
San Nicolas	584 5000
Police Tipline	11141
Ambulancia	911
Fire Dept.	115
Red Cross	582 2219

TAXI SERVICES

Taxi Tas	587 5900
Prof. Taxi	588 0035
Taxi D.T.S.	587 2300
Taxi Serv. Aruba	583 3232
A1 Taxi Serv.	280 2828

TRAVEL INFO

Aruba Airport	524 2424
American Airlines	582 2700
Avianca	588 0059
Jet Blue	588 2244
Surinam	582 7896

AID FOUNDATIONS

FAVI- Visually Impaired
Tel. 582 5051

Alcoholics Anonymous
Tel. 736 2952

Narcotics Anonymous
Tel. 583 8989

Fundacion Contra Violencia
Relacional Tel. 583 5400

Centre for Diabetes
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Child Abuse Prevention
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The U.S. Open now lets coaches talk to players. The players are yelling back

By **BRIAN MAHONEY**
AP Sports Writer

NEW YORK (AP) — Something about tennis makes players want to scream. Often, it turns out, at the people who are trying to help them win.

Everywhere you look at the U.S. Open, wayward shots are leaving Grand Slam champions such as Andy Murray or highly seeded contenders like Andrey Rublev in what appears to be a fit of rage directed at coaches and that happens even when they are winning.

They're not necessarily mad at their coaches. Usually, anyway. They're frustrated by their sport.

"I would generally think that tennis drives people crazy," said 2021 U.S. Open champion Daniil Medvedev, a 27-year-old Russian. "When I say 'people,' tennis players drive themselves crazy."

They'll show it by responding to their own mistakes by yelling toward the seats where members of their team are sitting. It's unclear whether they're seeking a response coaching dur-



Andy Murray, of Great Britain, reacts during a match against Grigor Dimitrov, of Bulgaria, during the second round of the U.S. Open tennis championships, Thursday, Aug. 31, 2023, in New York.

Associated Press

ing Grand Slam matches wasn't even allowed until last year, so most players are used to going it alone or just need to vent at someone.

Anyone.

"When those frustrations happen, it's just like built-up tension," said 2022 French Open finalist Coco Gauff, a 19-year-old American who

recently added veteran coach Brad Gilbert to her crew. "Sometimes it's not even directed at my team. My team knows that some of the things I say isn't directed at them."

Same with No. 8 seed Rublev, who insists that even though he's yelling toward the coach, it's never AT the coach.

"No, I'm complaining to my team, like, how stupid I am," the Russian said. It's the sort of thing rarely seen in team sports. NBA star Stephen Curry doesn't miss a shot and then yell at coach Steve Kerr on the Golden State Warriors' bench. If NFL MVP Patrick Mahomes throws an interception, his response isn't

to holler at Kansas City Chiefs coach Andy Reid.

And when a player actually is seen yelling at a coach, such as Tom Brady's blowup with Josh McDaniels when both were with the New England Patriots in 2017, the episode immediately goes viral and provides days of fodder for sports talk shows.

In tennis, it's part of the game. Ivan Lendl, Murray's coach and a Hall of Fame player himself, doesn't care if the rants are targeted at him. "He's yelling at all of us," Lendl said.

At least it's no longer a one-way conversation. Starting with last year's U.S. Open, coaches can speak to their players in short phrases while at the same end of the court. Before that, all coaches could do within the rules was sit there and listen, almost as if being scolded.

When Murray is upset about something now, Lendl and other members of their group now allowed to watch video and study stats on a tablet during matches in New York can try to help. □

Julie Ertz retires from soccer after 10-year career and 2 Women's World Cup titles

By **ANNE M. PETERSON**
AP Sports Writer

Two-time U.S. Soccer Player of the Year Julie Ertz has retired from soccer after a 10-year career that included back-to-back Women's World Cup titles.

Ertz, 31, had already hinted at her retirement at this summer's World Cup after the United States fell to Sweden on penalties in the Round of 16, tearfully telling reporters it was likely her final match wearing the team crest. She made it official Thursday.

"I gave everything I had to the sport that I love," she said in a statement announcing her retirement. "With that I can walk away

with no regrets because while I gave soccer every ounce of myself, soccer

gave me even more, and for that I'll always be thankful."



United States midfielder Julie Ertz (8) waves after she was presented a jersey marking her 100th match before an international friendly soccer match against Ireland in Austin, Texas, Saturday, April 8, 2023.

Associated Press

Ertz also retired from her club team, Angel City in the National Women's Soccer League.

It was uncertain whether Ertz would return to soccer before she was named to this summer's World Cup team. She nursed a knee injury before playing in the 2021 Tokyo Olympics, helping the U.S. win a bronze medal, then took time off for the birth of her son last year.

But she appeared in a pair of exhibition matches against Ireland in April and signed with Angel City, working her way back into shape.

Known for her versatility, Ertz played a defensive mid-

field position for the 2019 World Cup championship team.

She was a center back in the 2015 tournament, which the United States also won.

Ertz played at center back in this year's tournament, filling in for injured veteran Becky Sauerbrunn.

"The future is in absolutely great hands," Ertz told reporters at the World Cup after the earliest exit ever for the United States. "You know, sometimes you learn the most from your failures, which sucks. But it's part of my career as well."

Ertz finishes her national team career with 20 goals in 122 appearances. □

Minkah Fitzpatrick claims the top spot in AP's NFL safety rankings

By JOSH DUBOW
AP Pro Football Writer

Minkah Fitzpatrick's first season in the NFL got off to a bit of a slow start.

Once he got traded to the Pittsburgh Steelers early in his second season back in 2019, his career took off. Fitzpatrick quickly emerged as one of the NFL's best playmakers at the position and was chosen as the top safety in the league by The Associated Press.

A panel of nine AP Pro Football Writers ranked the top five players at safety, making their selections based on current status entering the 2023 season. First-place votes were worth 10 points. Second through fifth-place votes were worth 5, 3, 2 and 1 points.

Fitzpatrick got five first-place votes, three seconds and one third to win the balloting.

Derwin James was the only other player named on all nine ballots and got two first-place votes to come in second.

Justin Simmons and Kevin Byard each got one first-place vote and finished third and fourth, respectively. Budda Baker came in fifth.



Pittsburgh Steelers free safety Minkah Fitzpatrick (39) runs for a touchdown after recovering a fumble by Los Angeles Rams quarterback Jared Goff during the first half of an NFL football game in Pittsburgh, Nov. 10, 2019.

Associated Press

Talanoa Hufanga, Micah Hyde, Antoine Winfield, Tyrann Mathieu and Harrison Smith also received votes.

1. MINKAH FITZPATRICK, Pittsburgh Steelers: Fitzpatrick has been a first-team All-Pro in three of the past four seasons. He has 17 in-

terceptions and four fumble recoveries in 61 games for the Steelers after having three in 18 games with Miami. He is tied for the most takeaways for any safety in the NFL the past four seasons.

2. DERWIN JAMES, Los Angeles Chargers: James also

entered the league as a first-round pick in 2018, six spots after Fitzpatrick, and offers great versatility in the secondary. He excels as a deep safety, in the box as an extra run supporter or in the slot covering shifty receivers. He has seven interceptions, 9 1/2 sacks and

five forced fumbles in 50 games. The biggest knock against James has been health. He missed 11 games in 2019 and the entire 2020 season with injuries.

3. JUSTIN SIMMONS, Denver Broncos: Simmons is tied with Fitzpatrick with 22 takeaways the last four seasons and has consistently been one of the best deep safeties since entering the league in 2016. He's been a second-team All-Pro three times and his three straight seasons with at least five INTs is tied for the longest streak in the past 20 seasons.

4. KEVIN BYARD, Tennessee Titans: Byard emerged as one of the top safeties when he led the league with eight INTs as a second-year player in 2017 and has maintained a high level ever since. He's been an All-Pro twice and has nine INTs the last two seasons.

5. BUDDA BAKER, Arizona Cardinals: Baker was one of the rare bright spots for Arizona last season when he earned his fifth Pro Bowl berth in six seasons as a pro. Baker is a two-time All-Pro and was also picked as a second-teamer in 2021. □

Travis Kelce claims the top spot in AP's NFL tight end rankings

By JOSH DUBOW
AP Pro Football Writer

When it comes to tight ends in the NFL, one stands alone.

A panel of nine AP Pro Football Writers ranked the top five players at tight end, making their selections based on current status entering the 2023 season. First-place votes were worth 10 points. Second through fifth-place votes were worth 5, 3, 2 and 1 points.

George Kittle was the only other player picked on all nine ballots and he received five second-place votes to finish second. Mark Andrews got the other four second-place votes and came in third with Dallas Goedert narrowly beating out T.J. Hockenson by one vote to come in fourth.

Evan Engram, Kyle Pitts and

Chigoziem Okonkwo also got votes.

1. TRAVIS KELCE, Kansas City Chiefs: Kelce already ranks fifth in career catches (814) and fourth in yards re-

ceiving (10,344) among all tight ends and is showing no signs of slowing down. He set career highs last season with 110 catches and 12 TDs and had 1,338 yards

receiving for his record seventh straight season with at least 1,000 yards. Kelce excels in the postseason, where his 133 catches for 1,548 yards and 16 TDs rank behind only Jerry Rice in all three categories.

2. GEORGE KITTLE, San Francisco 49ers: Kittle is perhaps the most well-rounded tight end as he is both dominant as a blocker to key San Francisco's run game and as a receiver with the ability to make big plays after the catch. Kittle set a record with 1,377 yards receiving in 2018 (Kelce broke that mark two years later) and had a career-high 11 TDs last season.

3. MARK ANDREWS, Baltimore Ravens: Andrews has emerged as the top target in Baltimore with 107 catches and 1,361 yards in 2021. His numbers dipped a bit

last season but he still might be the second-best receiving threat at the position to Kelce.

4. DALLAS GOEDERT, Philadelphia Eagles: Goedert has been extremely consistent as a key part of the Eagles offense in recent years. He had 55 catches for 702 yards last season on a deep Philadelphia offense that limits his production.

5. T.J. HOCKENSON, Minnesota Vikings: Hockenson had a slow start to his career after being drafted in the first round by Detroit in 2019 but really broke out last season following a midseason trade. He had 60 catches for 519 yards and three TDs in 10 games with the Vikings where he emerged as a strong No. 2 threat behind Justin Jefferson in the passing game. □




Kansas City Chiefs tight end Travis Kelce scores a touchdown against the Jacksonville Jaguars during an NFL Divisional Playoff football game Jan. 21, 2023, in Kansas City, Mo.

Associated Press

Weekly SPECIALS



<p>WAS \$9.06</p>  <p>\$6.83 Each</p> <p>Grapes Bi Color Seedless 2lb</p>	<p>WAS \$8.51</p>  <p>\$5.57 Each</p> <p>Honeydew Melons</p>	<p>WAS \$5.65</p>  <p>\$4.57 Per BAG</p> <p>Potato Yellow Yukon 5 lbs</p>	<p>WAS \$13.71</p>  <p>\$10.85 Per KG</p> <p>U.S. Pork Tenderloin</p>
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<p>WAS \$5.99</p>  <p>\$5.11 Each</p> <p>Cauliflower Wrapped</p>	<p>WAS \$14.28</p>  <p>\$11.42 Per KG</p> <p>Angus Boneless Soupmeat</p>	<p>WAS \$3.97</p>  <p>\$3.25 Per KG</p> <p>Lemons (Yellow)</p>	<p>WAS \$5.72</p>  <p>\$4.28 Per KG</p> <p>Whole Chicken for Soup</p>	<p>WAS \$5.00</p>  <p>\$4.49 Per BAG</p> <p>Apples Gala 3 lbs</p>
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DIARY/FROZEN

<p>WAS \$3.97</p>  <p>\$3.00 Each</p> <p>EE Shred Fancy Monterey Jack Box</p>	<p>WAS \$8.43</p>  <p>\$7.23 Each</p> <p>Aidells Chicken Apple Sausage 12oz</p>
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HBC/GM

<p>WAS \$33.14</p>  <p>\$29.71 Each</p> <p>Doewoo Pro Hair Straightener Black 1 inch</p>	<p>WAS \$2.74</p>  <p>\$2.45 Each</p> <p>Gwoon Containerzakken 240L 10st</p>
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DELI/BAKERY

<p>WAS \$1.59</p>  <p>\$1.14 100 GR</p> <p>Provolone Cheese</p>	<p>WAS \$1.48</p>  <p>\$1.08 100 GR</p> <p>Serrano Ham Boneless</p>
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DRY FOOD

<p>WAS \$4.39</p>  <p>\$3.82 Each</p> <p>Libbys Regular Corned Beef 340g</p>	<p>WAS \$2.22</p>  <p>\$1.94 Each</p> <p>Kraft BBQ Sauce Original 18oz</p>	<p>WAS \$4.39</p>  <p>\$3.82 Each</p> <p>Stove Top Turkey Stuffing 6oz</p>	<p>WAS \$1.99</p>  <p>\$1.82 Each</p> <p>EE White Vinegar 32oz</p>	<p>WAS \$2.05</p>  <p>\$1.71 Each</p> <p>EE Ketchup 24oz</p>
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